



# Starfish Resources

## Making a Difference for Seniors

Resource and Referral Information for Seniors

### Home Safety Checklist for Seniors

#### Floors:

- No frayed shag rugs
- Area rugs secured and taped down
- Scatter rugs have adhesive backing
- Floor is even from room to room

#### Pathways from Room to Room:

- Furniture is not in the way of walking
- Low furniture and small items on floor are out of the way
- Wire and cords are not laying across the path
- Thresholds are removed or planed down; marked clearly with contrasting tape

#### Stairways:

- Handrails are sturdy & on both sides of stairs
- Light switches are accessible at top and bottom of stairs
- Wooden stairs are not waxed or polished
- Nothing is stored on stairs

#### Walls:

- Walls are painted a light color
- Light switches have glow plates or reflective tape around them
- Wall decorations do not protrude into room

#### Lights, Sounds, Colors:

- Lighting throughout home is even
- Curtains / blinds are used to reduce glare
- Night lights are used in bathroom & hallways

#### Bathroom:

- Adhesive strips in bathtub
- Grab bars around tub and toilet
- Shower chair has rubber tips on legs and a sturdy back
- Hot / cold faucets are clearly marked
- Medicine and other cabinets are secured

#### Kitchen:

- Cleaning products are labeled
- Floor is not slippery or shiny
- Potholders/paper towels are away from stove
- Gas can be turned off
- Electric appliances and cords are secured when not in use
- Knives, scissors and other tools are locked away when not in use
- Child-proof latches installed on cabinets

#### Outside:

- Walkways are even and not slippery
- Rubber mats on porches and steps (if necessary)
- Outdoor lighting is adequate
- Bushes trimmed for clear visibility
- Pool area locked

#### Other Areas:

- Portable space heaters are in good working order, not in pathways or left unattended
- Electric sockets have cover plates when not in use
- Hot water temperature not more than 120°
- Chimney in good condition
- Sliding glass doors marked with stickers to prevent walking into them
- Smoke detectors in good condition
- Emergency numbers posted:
  - \* fire, police
  - \* doctor, poison control
  - \* animal control
- Working flashlights in several locations
- Emergency exit plan in place and rehearsed (mobility difficulties are reviewed in exit plan)